

# The Resilient Library Newsletter

May 2, 2021

Volume 78 Issue 1

## PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites.

Press Click or Ctrl+click on images and underlined text to be directed to those websites.

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## Caregivers have become health care workers and here's what they need

The plight of family caregivers has received warranted attention during the pandemic. No one can be sure how many more family caregivers exist beyond the 54 million that were reported in [pre-pandemic studies](#).

There's been a lot of talk and action around employers offering benefits related to [family caregiving](#), especially paid time off and leave.

However, we're not having the necessary bigger conversation around caregiving. For example, health systems fail to recognize the family caregiver as part of the team; fail to recognize that the family caregiver has health issues of his or her own; and fail to realize that caregiving is a social determinant of health.

Caregiving can be gratifying. I know that personally. How do we reach an equilibrium where family members can do what they want to do, and can reasonably do, while not suffering guilt or giving up the gratification that comes with caregiving? Caregivers have become health care workers. Working family caregivers are essentially dual employed. That is not a sustainable national workforce strategy in a competitive marketplace.

Jeannette Galvanek, founder of [CareWise Solutions](#), suggests we need a new category of job creation that's devoted to absorbing more of the burden of caregiving.



Until then, the answer isn't providing tools for more effective caregiving at home, offering flexible schedules or a leave of absence. Giving people more time off, paid time off or flex time doesn't make them a more productive caregiver.

Several companies have recognized that curating resources is a bridge to making the family caregiver less harried and more productive.

Take [Joe and Bella](#), for example. They've taken a rather straight-forward category – household goods – and curated specific packages for caregivers. As they bill it, "Everything you need to make life a little better for older adults – all in one place."

Co-founder Jimmy Zollo explains that after both of his grandparents moved into a care community, his family's world was turned upside down. He soon found there was no single place to get all the stuff his grandparents needed. Scrolling through unreliable product

Continued on page 4

By Robin Schiltz

Summertime is a favorite season for many outdoor activities. It's a time to get outside, hit the beach, stay cool with some ice cream, grill and barbeque, and maybe even work on your tan. For seniors though, the summer can pose health risks not present during other cooler times of the year.



Here are our great tips on how seniors (and their caregivers) can stay safe during the summer.

## 1. What Temperature Is Too Hot For The Elderly?

Once temperatures reach or exceed 80 degrees, it's considered too hot for most elderly people. I know this may seem baffling as 80 degrees isn't even that warm. Yet as we age, changes occur that can cause heat intolerance.

Use your smart phone or smart watch to find out what the temperature is where you are.

## 2. The Elderly And Heat Intolerance: What You Need To Know

When the temperatures rise past a certain point and you begin to overheat, heat intolerance occurs.

Seniors cannot handle temperatures in the low-to-mid 80s and certainly not the 90s or the 100s.

Several factors impact a senior's

# Summer Safety Tips for Seniors

ability to withstand heat, including taking medications, having certain medical conditions, and age.

## The Effect Of Medications

Some medications can prevent the senior from sweating, which gives their body no means of reacting to high heat. Other medications may interrupt temperature regulation. When the temperatures start climbing, the senior will be more sensitive to the heat.

## Medical Conditions And Heat Intolerance

Many endocrine disorders are tied to heat intolerance. These include the following conditions:

- **Multiple sclerosis:** With multiple sclerosis, the immune system attacks healthy nerves and breaks them down. A sudden increase in clumsiness, heat intolerance, and a feeling of pins and needles are the main symptoms.
- **Thyroiditis:** When the thyroid is inflamed, thyroiditis is likely to blame. This condition can induce nervousness, sensitivity to cold, and intolerance to high temperatures.
- **Hyperthyroidism:** An overactive thyroid that produces too many hormones will have symptoms akin to thyroiditis. Instead of cold intolerance though, a senior may experience weight loss. Heat intolerance is the main symptom as well.
- **Goiter:** An enlarged thyroid or goiter can speed up the heart rate, cause a feeling of tightness in the throat, and trigger heat intolerance.
- **Graves' disease:** Graves' disease brings with it similar symptoms, including an increased heart rate, nervousness, and heat intolerance.

## Inability To Adapt To Temperature Shifts

Besides the above factors playing a role in how an elderly body regulates heat, as they get older, seniors are just not as good at handling temperature shifts as they once were.



## 3. What Are The Early Signs Of Heat Illness?

Whether you want to call it heat illness, heat stress, or heat exhaustion, when a senior is out in the heat and their temperature intolerance kicks in, they could develop a whole host of symptoms.

Here are the early signs of heat related illnesses to watch out for:

- Shallower and faster breathing than usual
- Changes to pulse, where the pulse becomes either weaker or faster
- Moist and cool skin despite feeling hot
- Nausea
- Vomiting
- Dizziness
- Weakness
- Exhaustion
- Muscle cramps
- Pale skin
- Excessive sweating
- Unconsciousness
- 

If you notice one or more of these heat illness symptoms in yourself or a senior loved one, you want

to check on them right away. Ask if you can get them something to drink and offer to provide them refuge from the heat. That can include a shady spot or even going indoors if their heat illness is serious enough.

Ignoring heat illness can possibly give way to heatstroke. Anyone can be affected by heatstroke, but seniors with a heat intolerance are more likely to have symptoms because their bodies cannot regulate the high temperatures.

Heatstroke begins when your internal temperature exceeds 104 degrees.

Some of the symptoms of heatstroke and heat illness are the same, such as nausea and dizziness, but you should otherwise be able to tell the two heat-related conditions apart: heatstroke will lead to a throbbing headache and a very fast pulse. The senior may suddenly stop sweating, and their skin will feel dry and hot to the touch. Depending on how long they have been outside, their skin could be red too.

### 4. What Are Three Signs Of Dehydration?

Our bodies use our internal supply of water to produce sweat. If a senior is sweating – especially profusely on a hot summer's day – they need to ensure they drink more than their usual quantities of water.

Failing to do so can lead to dehydration, which will have these three very noticeable symptoms:

#### 1. Dry Mouth

If the senior is smacking their lips and complaining that their mouth is dry, they are more than just thirsty, they're dehydrated. Note that this symptom may also be accompanied by tongue swelling. In this case, they need to replenish their fluids ASAP.

#### 2. Reduced Urine Output

If it's been hours since the senior has used the bathroom and still has no need to, this can also be indicative of dehydration. When you aren't consuming any fluids, you don't need to pass these fluids out via urination. If you are dehydrated, once you do urinate, the color of the urine is a lot darker than usual, as well.

#### 3. Smelly Breath

The mouth is full of saliva, especially during eating. Yet without the moisture from fluids, such as when we are experiencing dehydration, a senior will have less saliva in their mouth. This can in turn make their breath smell terrible.



### When Do You Need To Be Concerned?

The symptoms of dehydration may not seem all that serious, and indeed at first, they may not be. What can start as mild dehydration can quickly become severe though. At that point, the senior may fall unconscious, become confused, have sunken eyes, breathe very quickly, and have a fast heart rate.

Untreated dehydration can be fatal, so don't ignore the signs!

### 5. Preventing Heatstroke In The Elderly

Getting back to heatstroke for a moment, let's recap. If a senior's body overheats past 104 degrees, they could have heatstroke, which is more serious than heat illness. They'd require immediate medical intervention.

Here are some tips to follow to defend against heatstroke in the elderly:

#### Drink Lots Of Water And Healthy Fluids

On a typical day, seniors should consume eight glasses of water, each of which should be eight ounces (a total of 64 ounces). This maintains their basic hydration needs. Yet in the summer, when they're sweating more and losing fluids, their water intake should be increased to 10 glasses a day.

Besides water, seniors can also consume clear fluids and sports drinks. The latter is especially a good choice since sports drinks can restore electrolytes and regular tap water cannot. Electrolytes are sources of minerals the body needs for optimal health. Just make sure to control your sugar intake!

Avoid drinking alcoholic drinks or caffeinated beverages when you are sweating from the heat. These drinks will only worsen dehydration.

#### Dress In Lightweight Summer Clothing

You make your wardrobe summer-ready by switching out any synthetic fabrics and opting for lightweight natural fabrics instead. Cotton is your best bet here, as it will allow the skin to breathe. Keep the layers to a minimum and avoid dark colors.



reviews across dozens of websites was time-consuming and frustrating. He and his dad created Joe and Bella to make shopping for older adults simple. They carry everything from comfy clothes to creative gifts and toiletries that can be automatically reordered.

The "EveryDay Essentials" box, for example, lets you choose toothpaste, mouthwash, shampoo, conditioner and soap. You can customize your box so that it has just the products you want, when you want them.

On the other end of the spec-

trum you find Lisa Cini, who's the founder, president and CEO of Mo-saic Design Studio. Her website, [Best Living Tech](#), showcases technology in these categories: home, health, memory, companion, fitness and vision/hearing.

Then there's Connie Chow's [Daily Caring](#) website. It recognizes that caregivers need practical answers, fast. As they state: "We help you solve the frustrating day-to-day problems that make you lose your temper or keep you up at night."

Daily Caring recognizes that

there's no shortage of information available to family caregivers. But who has time to dig through everything on the Internet just to find that one nugget of info that can help you? They do the digging for you. They search to find the most practical and useful tips, advice, personal stories and resources related to caregiving and aging. Then, they boil it down to the most important points you'll want to know. □

Excerpted from [Curated Caregiver Resources | For Better | US News](#)



## VISIT IN PERSON

*We are OPEN to the public from 1:00 to 5:00 p.m., Monday through Saturday ! No appointment necessary!*

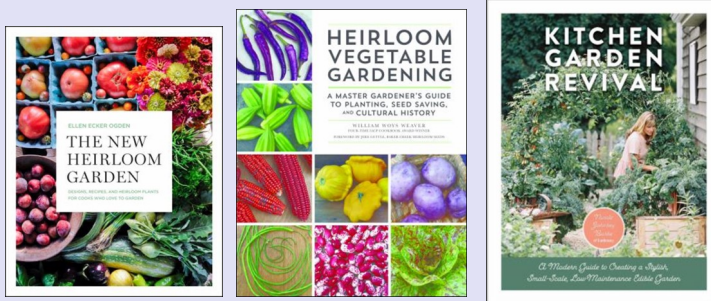
- *Browse the library*
- *Computer use for one hour*
- *Printing, copying, fax, and notary services available*

**The Salem Seed Library  
is now located  
in the Reading Area.**

**New seeds are now available!**



**Check out our display of gardening books  
in the Reading Area.**



**Adaptive Gardening Tools now available for check-out.**



# Grow, Sow, Repeat—Gardening Just Twice a Week Improves Wellbeing and Relieves Stress

Volume 78 Issue 1

By Sara Rigby, PA Science

Gardening more frequently may be linked to improvements in wellbeing, perceived stress and physical activity, new research suggests.

A new study indicates that people who garden every day have wellbeing scores 6.6 percent higher and stress levels 4.2 percent lower than people who do not garden at all.

According to the paper, gardening just two to three times a week maximized the benefits of better wellbeing and lower stress levels.

“This is the first time the ‘dose response’ to gardening has been tested and the evidence overwhelmingly suggests that the more frequently you garden – the greater the health benefits,” said Royal Horticultural Society (RHS) wellbeing fellow and lead author Dr Lauriane Chalmin-Pui. “In fact gardening every day has the same positive impact on wellbeing than undertaking regular, vigorous exercise like cycling or running.

“When gardening, our brains are pleasantly distracted by nature around us. This shifts our focus away from ourselves and our stresses, thereby restoring our minds and reducing negative feelings.”

According to the study published in the journal *Cities*, gardening on a frequent basis – at least two to three times a week – corresponded with greatest perceived health benefits. Improving health, however, was not the prime motivator to garden, but rather the direct pleasure gardening brought to the participants.

The study – conducted by the RHS in collaboration with the University of Sheffield and the University of Virginia – found that more frequent gardening was also linked with greater physical activity supporting the notion that gardening is good for both body and mind.



“Gardening is like effortless exercise because it doesn’t feel as strenuous as going to the gym, for example, but we can expend similar amounts of energy,” Chalmin-Pui added.

“Most people say they garden for pleasure and enjoyment so the likelihood of getting hooked to gardening is also high and the good news is that from a mental health perspective – you can’t ‘over-dose’ on gardening.

“We hope all the millions of new gardeners will be getting their daily doses of gardening this week and feeling all the better for it.”

The research explored why residents engaged with gardening and the extent to which they recognised any health benefits from the activity. A survey was distributed electronically within the UK, with 5,766 gardeners and 249 non-gardeners responding.

The survey asked participants to rate their stress and wellbeing, as well as to list any therapeutic benefits they gain from gardening.

Pleasure and enjoyment was the reason why 6 in 10 people garden. While just under 30 percent said they garden for the health benefits, one in five said wellbeing is the reason they garden, and around 15 percent say it makes them feel calm and relaxed.

“This research provides further empirical data to support the value of gardening and gardens for mental restoration and promoting a calmness of mind,” said co-author Dr Ross Cameron, of the University of Sheffield.

“We also found a greater proportion of plants in the garden was linked with greater wellbeing, suggesting even just viewing ‘green’ gardens may help.”

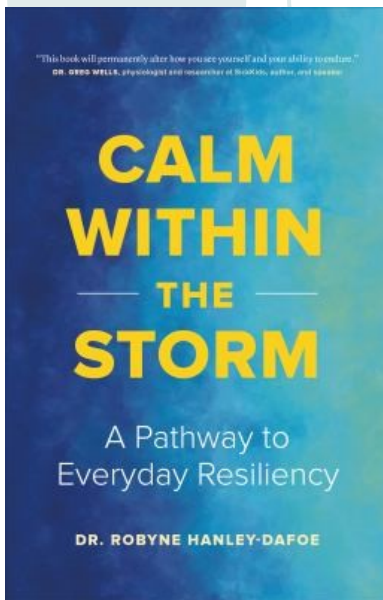
But it was not just able gardeners who benefited. Those with health problems stated gardening eased episodes of depression (13 percent), boosted energy levels (12 percent) and reduced stress (16 percent). □



Excerpted from Gardening just twice a week improves wellbeing and relieves stress - BBC Science Focus Magazine



## Book Spotlight—*Calm Within the Storm* *A Pathway to Everyday Resiliency*



Available at  
[www.rvl.info](http://www.rvl.info)

"An inspiring new voice in the field of resiliency gives a tender, powerful and achievable path to rise from adversities through self-acceptance and self-alignment--always based on being enough in the here and now rather than the untenable quest to be more. Robyne Hanley-Dafoe learned resilience from the ground up--not just as an accomplished university researcher, but first by overcoming mental illness, the stigma of being a high-school dropout, and almost dying in a car crash at age sixteen. Here, she presents an attainable model for everyday resilience, which everyone can use to feel more grounded and capable--and not beat themselves up in the process for not being 'tough enough' in the first place. Robyne believes that the language around resilience as 'fighting' or being 'tougher' is misguided; learning happens when we feel safe and trust, and fear and shame do not promote growth or change. Robyne maps out a kinder approach to taking on the challenges of life and developing authentic self-alignment. Robyne focuses on personal development practices that are research-informed, sustainable, and attainable. She identifies the obstacles that derail us and keep us stuck, wondering--Why does life feel so hard? Why do so many of us seem to live in a constant state of strife and chaos? Robyne has identified five interconnected pillars that are universal across cultures and backgrounds: Belonging, Perspective, Acceptance, Hope and Humour. These pillars form a person's capacity for resilient behaviours, despite life's challenges. She then introduces you to the Resiliency Trajectory Model by showing you resiliency in action, through stories, research and practical strategies. Blending the grounded science of classic books on resiliency like *Grit* by Angela Lee Duckworth and *Resilient* by Rick Hanson, with the warmth and psychological insight of Brené Brown's *Gifts of Imperfection*, this book offers a refreshing take on everyday practices that support resiliency. Robyne shows the reader that you are truly capable, and that being okay (rather than better) is enough."

**"Courage does not always roar.  
Sometimes courage is a quiet voice  
at the end of the day that says,  
'I will try again tomorrow.' "**

**- Mary Anne Radmacher**

Whether you call them cell phones, smart phones or mobile devices, it seems like everyone has one. According to the wireless telecommunications industry, the U.S. now has an estimated 300 million mobile subscribers, compared to 110 million subscribers a decade ago. The increase in cell phone use has generated concern about possible health risks related to radiofrequency electromagnetic fields from this technology, and a market for shields as possible protection against the radio waves the phones emit. The Federal Trade Commission (FTC), the nation's consumer protection agency, has some practical tips to help you avoid scams and limit your exposure to electromagnetic emissions from your cell phone.

While health studies about any relationship between the emissions from cell phones and health problems are ongoing, recent reports from the World Health Organization will no doubt convince scam artists that there's a fast buck to be made. Scam artists follow the headlines to promote products that play off the news – and prey on concerned people.

If you're looking for ways to limit your exposure to the electromagnetic emissions from your cell phone, know that, according to the FTC, there is no scientific proof that so-called shields significantly reduce exposure from these electromagnetic emissions. In fact, products that block only

the earpiece – or another small portion of the phone – are totally ineffective because the entire phone emits electromagnetic waves. What's more, these shields may interfere with the phone's signal, cause it to draw even more power to communicate with the base station, and possibly emit more radiation.



To limit your exposure to cell phone electromagnetic emissions, the FTC suggests that you:

- Increase the distance between your phone and your head by using a hands-free device, like an earpiece that is wired to the phone, or using the speakerphone feature.
- Consider texting more and limiting your cell phone use to short conversations.
- Wait for a good signal. When you have a weak signal, your phone works harder, emitting more radiation. Phones also give off more radiation when transmitting than when receiving, so tilt the phone away from your head when you're talking, and bring it back to your ear when you're listening.

A phone's specific absorption rate (SAR) reveals the maximum amount of radiation the human body absorbs from the

phone while it's transmitting. SAR testing ensures that the devices sold in the U.S. comply with the Federal Communications Commission (FCC) SAR exposure limit, but the single, worst-case value obtained from this SAR testing is not necessarily representative of the absorption during actual use, and therefore it is not recommended for comparisons among phones. In short, selecting a lower SAR phone will not reliably ensure lower radiation absorption during use. The FCC has more information at [Specific Absorption Rate \(SAR\) For Cell Phones: What It Means For You.](#)

For more information on cell phone use and health issues, see the National Cancer Institute's fact sheet, [Cell Phones and Cancer Risk.](#) □

Excerpted from [Cell Phone Radiation Scams | FTC Consumer Information](#)



### Salem Public Library

28 E Main Street  
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email: [library@salemva.gov](mailto:library@salemva.gov)

Website: [https://](https://www.salemva.gov/)

[www.salemva.gov/](https://www.salemva.gov/)

[departments/salem-public-library](https://www.salemva.gov/departments/salem-public-library)

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[rvl.overdrive.com](http://rvl.overdrive.com)

**ABOUT THIS NEWSLETTER:** This free, semimonthly (twice a month) newsletter is intended for people over 50 and their caregivers.

**SUBSCRIPTION INFORMATION:** If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 5:00 p.m. each day OR
- Email us at [library@salemva.gov](mailto:library@salemva.gov) OR
- Print copies will be available in our front lobby.

We will post a link on our [website home page](#) to view this newsletter online. Archived versions of the online version are posted on our website on the Adult Resources page.

### LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

**IN-PERSON HOURS:** We are OPEN TO THE PUBLIC from 1:00 to 5:00 p.m., Monday through Saturday. No appointments necessary! Browse the library; use the computers; printing, copying, fax, and notary services available.

**CONTACT-FREE PICKUP** is available in our front lobby every day from 10:00 a.m. to 5:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items to your account before you get here. *Thank you!*

**ADULT BOOK CLUB:** Next meeting will be held outside on Tuesday, May 25, at 1:00 p.m. WEATHER PERMITTING. Feel free to bring a book to discuss!

**LEAVE IT TO A LIBRARIAN For Adult Fiction:** The library is closed and you don't want to spend hours browsing the online catalog? Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

## Summer Safety—from page 3

### Avoid Overexertion In Hot Temperatures

If your senior parent or loved one is mostly independent, remind them that summertime is not when they should be rushing around to do errands. Overexerting themselves around their home or even trying to exercise can also induce heat illness and even heatstroke.

### Know When To Move Indoors

Seniors should try to stay in shaded areas as much as they can. Make sure you're applying sunscreen in regular intervals to prevent sunburn as well.

About once an hour, ask the senior if they want to remain outside. If they say yes, then closely

monitor them and look for signs of dehydration and heat illness. If you see those symptoms manifest, then it's time for the senior to get out of the sun, whether they want to or not.

### Ensure The Home Is Adequately Cooled

Having a roof over one's head does protect from the sun, but if your home isn't cool enough, a heat illness could progress to heatstroke.

### Conclusion

Those 80-degree temperatures may seem perfect to you, but for the elderly, this balmy weather is often when trouble starts. Prolonged exposure to heat over 80 degrees can cause dehydration and

heat illness in seniors. Keeping them out in the heat can worsen dehydration and even lead to heatstroke. □

Excerpted from <https://seniorsafetyadvice.com/summer-safety-tips-for-seniors/>

